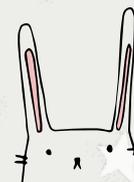


PREGNANCY ADVICE

Pregnancy is an exciting time as you prepare to welcome your new arrival, as your body changes you will experience issues you have never considered before. We have advice on the most commonly asked about pregnancy issues, to help guide you through your pregnancy with ease.



MORNING SICKNESS

How to cope with morning sickness?

Nausea and vomiting in pregnancy, also known as morning sickness, is very common in early pregnancy. It's unpleasant, but it doesn't put your baby at any increased risk and usually clears up by weeks 16 to 20 of pregnancy.

- It is very important to keep blood sugar levels stable; you should eat frequent, small, healthy meals throughout the day which contain both protein and carbohydrates, rather than three large ones.
- In some cases, morning sickness may be caused by nutritional deficiencies. Make sure you include foods that contain good levels of B6 and zinc in your diet by upping your intake of dairy products, dark green leafy vegetables and yeast extract, lean meats, wholegrain cereals, canned sardines and eggs.
- Try to rest as much as possible.
- Avoid fatty or spicy foods
- Drink plenty of water and in small amounts to avoid dehydration.

TIP

Sometimes sipping ginger tea can help, and acupuncture can be useful.

FATIGUE

How to beat fatigue?

Tiredness can be a particular problem in the first trimester, when you may feel unbelievably tired and sleepy. Caused by pregnancy hormones, fatigue is often worse for women who are overweight, who are pregnant with more than one child, or who already have other children to look after. However, feeling very tired and washed out may also be a sign that you have anaemia or another underlying condition - so do go and see your GP if you are worried.

- The best solution is to rest as much as possible, though this is often easier said than done.
- Make sure that you are eating well. Small, frequent meals will keep your blood sugar levels up.
- Try to include plenty of iron-rich foods such as lean red meat and green leafy vegetables in your diet.
- Eat plenty of complex carbohydrates such as wholemeal bread, brown rice or pasta will give you energy.
- A good pregnancy multi vitamin and mineral supplement may help.

TIP

Cut out caffeine, drinks with artificial sweeteners, and highly processed or refined foods as they may cause sleep problems.



SLEEPING

How to get a good night sleep?

Sleeping difficulties are common during pregnancy. You may find you are not able to relax fully in bed due to general discomfort, heartburn, leg cramps or worry about the baby.

Some women have problems falling asleep followed by restless sleep with periods of wakefulness, leading to fatigue and irritability during the day.

- Try to take regular, gentle exercise during the day.
- Include calcium and magnesium-rich foods - such as wholegrain cereals, nuts, seeds and dairy products - in your diet.
- Avoid all drinks containing caffeine
- Consider meditation, which will allow you to calm your mind.

TIP

Try a few drops of lavender oil in the bath in the evening and a special pregnancy pillow.

BLEEDING GUMS

How to manage bleeding gums?

Pregnancy hormones can cause your gums to be more vulnerable to plaque, which can lead to inflammation and bleeding.

- Replace your toothbrush with a small-headed one with soft bristles. If that doesn't work, book a dentist appointment- dentist visits are free during pregnancy with your maternity exemption card.

